

Statistics Report 35165, Fish, whitefish, dried (Alaska Native)

Report Date: July 16, 2017 03:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	20.59	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	1551	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein <a href="#">1</a>	g	62.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <a href="#">1</a>	g	13.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash <a href="#">1</a>	g	5.57	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca <a href="#">1</a>	mg	810	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a>	mg	4.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a>	mg	85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P <a href="#">1</a>	mg	1040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a>	mg	1080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a>	mg	200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a>	mg	5.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a>	mg	0.180	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Manganese, Mn <a href="#">1</a>	mg	0.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se <a href="#">1</a>	µg	113.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin <a href="#">1</a>	mg	0.053	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.438	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin <a href="#">1</a>	mg	11.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid <a href="#">1</a>	mg	2.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 <a href="#">1</a>	mg	0.365	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total <a href="#">1</a>	mg	205.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine <a href="#">1</a>	mg	88.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 <a href="#">1</a>	µg	18.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	131	--	--	--	--	--	--	--	--	Calculated or imputed	35089	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <a href="#">1</a>	µg	1.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	2.850	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <a href="#">1</a>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 <a href="#">1</a>	g	0.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 <a href="#">1</a>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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16:0 <a href="#">1</a>	g	1.900	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 <a href="#">1</a>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 <a href="#">1</a>	g	0.400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	4.380	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 <a href="#">1</a>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated <a href="#">1</a>	g	1.420	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <a href="#">1</a>	g	2.450	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 <a href="#">1</a>	g	0.390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated <a href="#">1</a>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	2.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated <a href="#">1</a>	g	0.260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated <a href="#">1</a>	g	0.280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 <a href="#">1</a>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c <a href="#">1</a>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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20:3 undifferentiated <a href="#">1</a>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <a href="#">1</a>	g	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) <a href="#">1</a>	g	0.420	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 <a href="#">1</a>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 <a href="#">1</a>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) <a href="#">1</a>	g	0.180	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) <a href="#">1</a>	g	0.650	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol <a href="#">1</a>	mg	266	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan <a href="#">1</a>	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">1</a>	g	2.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine <a href="#">1</a>	g	2.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">1</a>	g	4.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">1</a>	g	4.770	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	1.740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">1</a>	g	2.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	1.740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">1</a>	g	2.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	3.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">1</a>	g	1.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine <a href="#">1</a>	g	3.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <a href="#">1</a>	g	5.670	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <a href="#">1</a>	g	8.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <a href="#">1</a>	g	4.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <a href="#">1</a>	g	2.980	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <a href="#">1</a>	g	2.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD